

TEDx StHelier

Excite · Explore · Engage

MOVE

IDEAS IN MOTION

From Inspiration to Action

#IGNITE #RISE #ACCELERATE

SATURDAY, 16TH MAY 2026 | 1PM

JERSEY ART CENTRE, SHELIER,
JERSEY

We are honoured that you are a part of TEDx St Helier 2026.

Thank you for joining our community of thinkers, innovators, and storytellers. Your involvement reflects the heart of TEDx: sharing ideas worth spreading, ideas that challenge perspectives, spark meaningful conversations, and invite us to see the world differently.

This year's theme, Move: Ideas in Motion, calls us to go beyond inspiration. An idea only truly comes alive when it moves, from the stage into our choices, from conversation into action, and from individual reflection into shared progress.

Each TEDx event is independently run where "x" marks the spot for local innovation and inspiration. While TED provides general guidance, every TEDx event is uniquely shaped by its community, creating a space for bold ideas and new perspectives to thrive.

May today inspire you, move you, and remind us all what is possible when ideas are set in motion.

Ope Olaleye

TEDx Licensee & Host



OPE OLALEYE

TEDx LICENSEE & HOST

THEME 2026

**MOVE:
Ideas in Motion**

VENUE

**Jersey Art Centre
St Helier, Jersey**

DATE & TIME

16 May 2026 · 1:00 PM



ABOUT TED & TEDX

TED is a non-profit organisation devoted to sharing powerful ideas. Founded in 1984, TED has grown from a conference exploring the convergence of Technology, Entertainment and Design into a global platform for ideas across science, business, education, culture, creativity, leadership and social change.

TED brings together leading thinkers and doers from around the world to share ideas through talks, conferences, digital platforms and global initiatives. TED Talks are made available for free online, helping ideas reach people across countries, cultures and communities.

TED's initiatives include TED.com, where TED Talks are shared with global audiences; TED Translators, which provides subtitles, transcripts and translations through volunteers around the world; TED-Ed, TED's educational initiative; The Audacious Project, which supports bold solutions with the potential for large scale impact; the TED Fellows programme, which helps world changing innovators amplify their work; and TEDx, which enables individuals and groups to host local, independently organised TED style events around the world.

TEDX · X = INDEPENDENTLY ORGANISED

WHAT IS TEDX?

TEDx, where x = **independently organised event**, was created in the spirit of TED's mission. TEDx events bring people together to share a TED like experience through live speakers, recorded TED Talks, discussion and connection. TED provides general guidance and a free licence for TEDx events, but each TEDx event is independently organised and subject to TED's rules and guidelines.

2025 GLOBAL REACH

TED IN NUMBERS

In 2025, TED convened around **580,000 people** at events around the world and launched over **16,500 new ideas**. TED ideas were watched and heard **1.71 billion times** across **248 countries and territories**. TED's monthly audience reached **195 million followers**, and TED content was shared more than **22.6 million times**.

580K

PEOPLE CONVENED

at events worldwide in 2025

1.71B

IDEAS HEARD

across 248 countries & territories

195M

MONTHLY FOLLOWERS

across TED's global platforms

18

MINUTES OR LESS

every speaker at TED & TEDx

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TEDx St Helier is an independently organised TEDx event, volunteer led and created to bring people together in Jersey for an inspiring day of ideas, stories and meaningful conversation.

Through live speakers, recorded TED Talks and shared community experiences, TEDx St Helier celebrates voices that challenge thinking, spark connection and invite us to imagine a braver shared future. Our stage welcomes ideas from Jersey and beyond, inviting perspectives from around the world to be shared, explored and connected with our local community.

At its heart, TEDx St Helier is also about community building. It creates a platform for local and global voices, connects people across different sectors and backgrounds, and encourages meaningful dialogue about the issues, opportunities and ideas shaping island life and the wider world. By bringing together speakers, attendees, sponsors, volunteers, creatives, entrepreneurs, professionals and community leaders, TEDx St Helier helps strengthen relationships and build a more connected, curious and collaborative Jersey.

The event contributes to Jersey's social and economic life by supporting local talent, showcasing home grown ideas, creating opportunities for learning and networking, and encouraging investment in creativity, innovation and community engagement. It also works with local suppliers, partners and venues, helping to circulate value within the island while raising Jersey's profile as a place where bold ideas, diverse voices and shared stories can thrive.

2026 Theme

MOVE: IDEAS IN MOTION

Last year, we shared stories.

We listened to voices that reminded us of who we are, where we have come from, and what becomes possible when people are brave enough to speak. Those stories created connection, opened conversations and helped us see our shared future with fresh eyes.

This year, we move.

Move: Ideas in Motion invites us to go beyond inspiration into action.

Every talk, performance and conversation has been curated to explore what happens when ideas refuse to stay still. Some ideas move people emotionally. Some move communities forward. Some move systems, cultures, workplaces and futures.

Today, we invite you to listen with curiosity, reflect with courage and leave with one clear question:

WHAT WILL I DO WITH WHAT I HAVE HEARD TODAY?

Because an idea only becomes powerful when it moves.

OUR VISION: A DOORWAY TO JERSEY

Though a small population and an Island, St. Helier is diverse and dynamic. TEDx proves that even small communities can spark big ideas showing that we are not left behind.

St Helier is Jersey's gateway to the world where island heritage meets global vision. The town blends a rich history with a thriving local culture and a forward-thinking spirit. From finance to fintech, arts to activism, leaders here are shaping bold conversations that echo far beyond our shores. TEDx St. Helier proudly connects our past with the future by translating homegrown ideas into global impact.

TEDx St Helier captures the vibrant, progressive spirit of our Island. Our goal? To become one of the leading independently organised TEDx communities in the UK and Channel Islands. We are hungry minds with a fierce appetite for intellectual curiosity and thought-provoking discussion. A platform for local changemakers, visionaries, and storytellers.

LET'S MAKE SURE ST HELIER IS NOT LEFT BEHIND.

JERSEY'S VOICE ON A GLOBAL STAGE

TEDx St Helier is rooted in Jersey, but its reach does not stop at the shoreline.

Our island has always been shaped by movement: people, ideas, trade, culture, migration, enterprise and imagination. Through TEDx St Helier, we create a stage where local insight can meet global perspective, and where ideas from Jersey can enter wider conversations about the future.

We believe Jersey has something valuable to say to the world, and something valuable to learn from it.

HOW TEDX IDEAS TRAVEL THE WORLD

At TEDx, we believe that one idea, shared with courage and clarity, can travel far beyond the room in which it is first spoken.

Around the world, TEDx stages have helped launch ideas that have reached millions, shaped conversations and inspired action across leadership, education, sustainability, creativity and human connection.

2012 · TEDx Delft

THE OCEAN CLEANUP

BOYAN SLAT

Boyan Slat first shared his idea for using ocean currents to help collect plastic waste at TEDxDelft in 2012. The momentum that followed helped lead to the creation of The Ocean Cleanup, a global initiative working to remove plastic from oceans and rivers.

TEDx Puget Sound

HOW GREAT LEADERS INSPIRE ACTION

SIMON SINEK

Simon Sinek's TEDxPuget Sound talk, "How great leaders inspire action", introduced millions to the power of starting with "why" and became one of the most watched talks on TED.com.

TEDx Houston

THE POWER OF VULNERABILITY

BRENÉ BROWN

Brené Brown's TEDxHouston talk, "The Power of Vulnerability", grew into a global conversation about courage, empathy, shame and human connection, reaching millions around the world.

TEDx Redmond

WHAT ADULTS CAN LEARN FROM KIDS

ADORA SVITAK

Adora Svitak's TEDxRedmond talk, "What adults can learn from kids", reminded audiences that young people are not just future leaders, but present voices with imagination, courage and ideas worth hearing.

These stories remind us that great ideas have no borders. They can begin in a local room, on a community stage, in front of a small audience, and still go on to reach the world.

AT TEDX ST HELIER, THE NEXT IDEA MAY BEGIN HERE.

As you listen today, we invite you to stay open, curious and engaged. One idea shared on this stage could spark a conversation, shape a decision, inspire a project or become part of Jersey's contribution to the wider world.

PROGRAMME SCHEDULE

MOVE: IDEAS IN MOTION 1:00 PM — 6:00 PM

13:00 – 13:10 **OPENING**

13:10 – 14:06 **SECTION 1: IGNITE · 56 MINS** *IDEAS THAT AWAKEN IDENTITY, VOICE AND AWARENESS* HOST - GAMU MBETU

13:10 – 13:22	AGNIESZKA KOIZUMI	<i>The Story That Makes You Irreplaceable In An AI World</i>
13:24 – 13:36	JEAN PETERS	<i>Can AI Be Your Therapist? A Human Therapist Reveals The Dangers And Potential</i>
13:38 – 13:50	ANU ANANTH-HUGGLER	<i>Book Butterflies: How Reading Transforms Us</i>
13:52 – 14:04	TIM NASH	<i>Grow As You Go: Moving Beyond “My” Language</i>

14:06 – 14:21 **ZUMBA BREAK · 15 MINS**

14:26 – 15:22 **SECTION 2: RISE · 56 MINS** *IDEAS FORGED THROUGH CHALLENGE, RESILIENCE AND TRANSFORMATION* HOST - OPE OLALEYE

14:26 – 14:38	JON SINDALL	<i>Leading Through Chaos</i>
14:40 – 14:52	LILY MCGARRY	<i>Still Me: What Adapting Taught Me About Living</i>
14:54 – 15:06	DANIELLE MYNES	<i>There Is No Strength Without Unity</i>
15:08 – 15:20	DEAN FRANKLIN	<i>The Value Of Being Underestimated</i>

15:22 – 15:37 **BRITISH FOLKLORE PERFORMANCE · 15 MINS**

15:37 – 16:07 **LUNCH BREAK · 30 MINS**

16:07 – 17:29 **SECTION 3: ACCELERATE · 84 MINS** *IDEAS THAT DRIVE ACTION AND REAL-WORLD IMPACT* HOST - GAELLE DESCHAMPS

16:07 – 16:19	DAN WOOD	<i>The Walls We Don't See</i>
16:21 – 16:33	BRIONY SUN	<i>The Bamboo Generation</i>
16:35 – 16:47	SEB LAWSON	<i>The Best Mentor I Have Had Is A One Year Old</i>
16:49 – 17:01	PAMELA LEE	<i>Oceans Of Potential, A Sea Of Possibilities</i>
17:03 – 17:15	ERICA GONCALVES	<i>Safe Alone Doesn't Mean Safe In You</i>
17:17 – 17:29	WILL CRAWFORD	<i>Faith It Till You Make It, Move Over Imposter</i>

17:31 – 17:41 **RAFFLE DRAW · 10 MINS**

17:41 – 17:51 **FINAL REFLECTION + CLOSING · 10 MINS** GAELLE DESCHAMPS

After 18:00 **NETWORKING & SOCIALS**



Creating leadership legacy

Get ready to live, breathe, and feel the impact leaders create.

We're going Beyond the Advice to uncover the why – why we avoid addressing our biases, shy away from difficult moments, or listen too closely to our inner critic.

Season One explores the topics of psychological safety, resilience, difficult conversations, and bullying & harassment.

How is Beyond the Advice different?

This series explores reaction versus response, and how, as leaders, we can choose differently. It's about how we show up, how we change, and how we lead – consciously and courageously.

We're digging deeper into each topic and exploring what leadership really feels like in practice to build emotional intelligence, handle tough conversations, and create your leadership legacy.



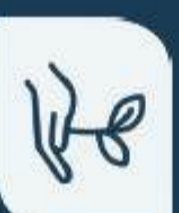
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How else can we help?



PEOPLE & CULTURE

Align your people strategies with your commercial goals.



GROWTH & LEARNING

Empower your team to succeed and watch your business grow.



BOARD ADVISORY

Strengthen your board and drive meaningful change.



HEALTH & SAFETY

Understand the rules, regulations, and best practices for your industry.



TRIBUNALS

Navigate the Tribunal process with ease and be prepared.



DATA

Safeguard your organisation with a data protection and ethics expert.



22-24 Seale St, St. Helier



lawatworkci.com



enquiry@lawatworkci.com

IGNITE

IDEAS THAT AWAKEN IDENTITY, VOICE AND AWARENESS

13:10 – 14:06



AGNIESZKA KOIZUMI

The Story That Makes You Irreplaceable In An AI World

Agnieszka is a communication strategist and educator who helps organisations build stronger workplace cultures through meaningful dialogue, storytelling and employer branding.

Based in Poland, she brings together academic depth, global experience and over a decade at IBM, where she has worked since 2013. With two Master’s degrees, two Bachelor’s degrees, and academic scholarships in the United States and Italy, Agnieszka uses communication as a bridge between business goals and human experience. Her work explores how purposeful narratives can create belonging, spark motivation and shape professional communities where people feel seen, connected and inspired to contribute.



JEAN PETERS

Can AI Be Your Therapist? A Human Therapist Reveals The Dangers And Potential

Jean Peters is a psychotherapist and coach based in Jersey, Channel Islands.

She has run a private practice in Jersey and online for 15 years, blending practical mentoring with a deep understanding of human resilience. Jean works with clients to turn life’s inflection points, from relationship challenges and career shifts to the search for purpose, into opportunities for meaningful growth.

Before retraining in 2010, Jean worked extensively as a management consultant across the financial services and pharmaceutical sectors in South Africa, the UK and the USA. She holds a Bachelor of Commerce in Economics and Marketing.

Jean is a mother to three unique human beings and has lived in Jersey for 20 years.



ANU ANANTH-HUGLER

Book Butterflies: How Reading Transforms Us

Anu has worn many professional hats over the years, including English Teacher, Journalist and Communications Manager. The chapter she is currently writing and loving most is Librarian. Since 2024, she has been working at Jersey College for Girls, where she shares her passion for reading and literature with students.

At a time when reading habits are in decline globally, Anuradha is on a mission to make library spaces truly about reading and to inspire young people to rediscover the joy of books. She is also a strong advocate for the invaluable role librarians play in shaping minds and communities.

With a BA in English Literature, Journalism and Communications, and an MA in World Heritage Studies, Anuradha has lived in India and Germany before settling in Jersey, where she now enjoys life by the sea with her family.



TIM NASH

Grow As You Go: Moving Beyond “My” Language

For more than 30 years, Tim has been turning barriers into gateways across education, technology, language and culture.

He has worked across continents with schools, universities, charities, government agencies, multinational companies and start-ups. As co-founder of an edtech company, Tim helped transform a 90% drop-out rate from Chinese classes into an 87% retention rate, with digital innovations patented in both the US and China.

Having taught English, French, German and Chinese as foreign languages, Tim brings a rich perspective on identity, communication and what happens when people move between worlds. He holds a BA in Intercultural Studies, an MA in Chinese from Oxford University and a PGCE in Modern Foreign Languages from Cambridge University.

RISE

14:26 – 15:22

IDEAS FORGED THROUGH CHALLENGE, RESILIENCE AND TRANSFORMATION

**JON SINDALL**

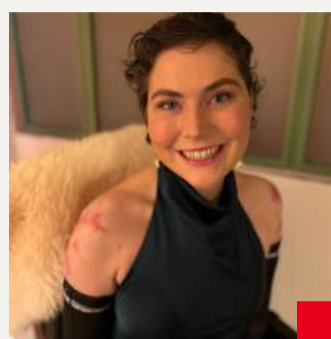
Leading Through Chaos

Jon Sindall is Headteacher of Les Quennevais School and an experienced educational leader.

He has held senior roles including Executive Headteacher at St Michael's in Buckinghamshire and Head of Secondary at the British School in Colombo. Jon has also led school improvement in challenging contexts, driven by a commitment to social mobility and the belief that education has the power to transform lives.

He holds degrees in English and Modern English Studies, is a member of the Chartered College of Teaching, and is a qualified international school inspector.

Jon is married with four children, and his affinity with the underdog comes from supporting Tranmere Rovers through "thin and thin".

**LILY MCGARRY**

Still Me: What Adapting Taught Me About Living

Lily McGarry is a 24-year-old medical student who is currently taking a break from university following life-changing complications from meningitis in 2025, which resulted in the loss of her arms and legs.

Despite the challenges of becoming disabled as a young woman, Lily is determined not to let this define her. Her journey through rehabilitation has given her a new perspective and a growing sense of purpose.

Lily is now passionate about public health and hopes to use her voice to share the lessons she has learned, raising awareness and inspiring others through her resilience, strength and outlook on life.

**DANIELLE MYNES**

There Is No Strength Without Unity

Danielle is a teacher, activist and poet whose work brings young people's voices into the movement to end violence against women and girls.

She creates platforms for student activism, works with the Government of Jersey to raise awareness, and develops education resources that help schools challenge misogyny and sexism through a whole school approach. As a member of Jersey's VAWG Taskforce, Danielle is committed to building cultures of respect, safety and accountability.

Her poetry gives voice to the lived experiences of women and girls, while also drawing on the sea, motherhood, Irish heritage, reality and wit. Through teaching, activism and writing, Danielle shows how voices coming together can create lasting change.

**DEAN FRANKLIN**

The Value Of Being Underestimated

Dean Franklin is an entrepreneur, winner of The Apprentice 2025, and founder of ADL Air Conditioning.

Starting with very little, Dean built his business from the ground up into a successful company, driven by resilience, ambition and sharp business instinct. His journey reflects a commitment to hard work, adaptability and taking calculated risks in pursuit of growth.

Through his experience in both business and on one of the UK's most competitive platforms, Dean has developed a practical, no-nonsense approach to leadership and success. He is passionate about sharing what he has learned to inspire others to take control of their future, back themselves, and turn challenges into opportunities.

Today, Dean continues to grow his business while motivating others through his story of determination, grit and self-belief.

LIVE
ACT**BRITISH FOLKLORE PERFORMANCE**

15:22 – 15:37 · Between Sections 2 & 3

A live cultural performance celebrating the richness of British folklore tradition, a moment of collective joy and reflection between sessions.

ACCELERATE

IDEAS THAT DRIVE ACTION AND REAL-WORLD IMPACT

16:07 – 17:29

**DAN WOOD**

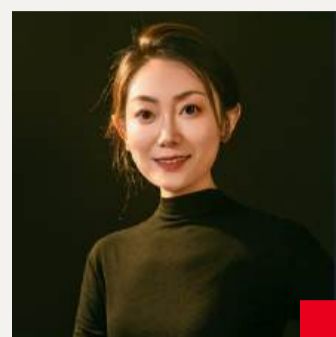
The Walls We Don't See

Dan is the founder of INSO, a global innovation consultancy that brings together innovators, creators and leaders from around the world.

Through INSO, Dan helps teams and leaders use collective intelligence to adapt quickly, drive change and develop smarter solutions to complex challenges. He is also co-host of The Good Ideas Club podcast, where he explores ideas, creativity and action through conversations with people from a wide range of backgrounds.

Driven by curiosity, creativity and decisive action, Dan is passionate about challenging comfort zones and turning bold experimentation into meaningful growth.

His background spans civil engineering, a decade in the British Army's Parachute Regiment, and four years in offshore finance, where he focused on designing exceptional FinTech systems. His career also includes a range of entrepreneurial projects, from inventing fishing products to building a current affairs prediction app.

**BRIONY SUN**

The Bamboo Generation

Briony is the founder of ThinkChinese and an educator dedicated to helping children grow not only academically, but as confident, capable human beings.

She believes education should prepare young people for a fulfilled life, not just for exams or textbooks. Through her work in language education and teacher training, Briony focuses on the often overlooked teaching skills that help children think, communicate, adapt, and make sense of a fast changing world.

Her work calls for a closer connection between classroom practice and real life, and for educators to rethink how pedagogy shapes who our children become.

**SEB LAWSON**

The Best Mentor I Have Had Is A One Year Old

Seb is an innovation leader specialising in AI and automation, with a focus on turning emerging technology into practical, real-world impact.

As Head of Innovation at Digital Jersey, Seb works with AI tools, IoT solutions and drone technology in live sandbox environments, helping organisations move beyond hype and into meaningful implementation.

With a background in engineering, experience in Silicon Valley, and a track record that includes building a stealth start-up and launching incubator programmes, Seb brings a sharp, practical perspective on how technology can transform the way we learn, work and solve problems.

**PAMELA LEE**

Oceans Of Potential, A Sea Of Possibilities

Pamela is an offshore sailor, ocean explorer and professional racer whose life has been shaped by the sea.

From learning to sail on Irish lakes to competing on some of the world's toughest offshore racing circuits, Pamela has built a career in one of sport's most demanding environments. Her journey has taken her to Brittany, the heart of offshore racing, where she is pursuing her ambition to skipper her own high performance campaign.

Pamela's story is not just about sailing. It is about courage, endurance and what happens when human potential is tested by uncertainty, isolation and extreme conditions. Her perspective challenges us to ask what more people, especially women, could achieve if they had access to the right support, opportunity and belief.

**ERICA GONCALVES**

Safe Alone Doesn't Mean Safe In You

Erica Goncalves is a young founder and entrepreneur building Plapo, a marketplace designed to help first-time founders launch products, grow real communities and build with purpose.

She also runs Cavara, where she helps C-suite teams book premium travel and supports women in building income streams through travel entrepreneurship.

From cleaning part-time after her GCSEs to running two companies at 18, Erica has learned business by doing, through MVPs, branding and navigating entrepreneurship first-hand. She studies at LEINN International and is an alumna of LEAP and the Institute of Directors.

Her mission is to make entrepreneurship more accessible, especially for those just getting started.

**WILL CRAWFORD**

Faith It Till You Make It, Move Over Imposter

Will Crawford is a motivator, rapper and coach with a focus on positive energy, mindset and resilience.

Drawing from his own experience of impostor syndrome, Will explores why capable people can often feel like frauds, and how that belief shapes their choices, confidence and sense of self. His work encourages a more honest and practical relationship with self-doubt.

Through his holistic approach to health and fitness, Will has helped transform lives by building confidence, encouraging resilience and motivating people with pure enthusiasm.

Your Space to Think

YOUR IDEAS IN MOTION

As you listen today, use this space to capture the ideas that move you. Feel free to capture in your notebooks too.

ONE IDEA I WANT TO REMEMBER

ONE SPEAKER WHO CHALLENGED MY THINKING

ONE CONVERSATION I WANT TO CONTINUE

ONE PERSON I WANT TO CONNECT WITH

ONE ACTION I WILL TAKE AFTER TODAY

WHAT HAPPENS AFTER TODAY?

TEDx St Helier does not end when the final speaker leaves the stage. The conversations started here can continue in workplaces, classrooms, homes, community spaces and boardrooms across Jersey and beyond. We encourage you to share what moved you, connect with someone you met today, support an idea that inspired you and take one small action that turns reflection into progress.

IDEAS IN MOTION BECOME CHANGE IN MOTION.

SPONSORS & PARTNERS

At TEDx St. Helier, our mission is to amplify bold ideas and inspire meaningful change. But none of this would be possible without the unwavering support of our exceptional partners. They are the true champions behind today's transformative experience.

SUPPORTING PARTNERS

Your support has fuelled our journey to inspire and educate. Enhancing our attendee experience

LAW AT WORK



PEOPLE | SAFETY | TRIBUNAL | DATA | GROWTH

As the Channel Islands' leading employment specialists, Law At Work knows that doing the right thing starts with getting the right advice. Our multidisciplinary team has significant experience in all areas of people, safety, data, and leadership development to propel your business forward. When leaders have the right advice, they can inspire excellence, motivate achievement, and manage for the best customer experience. Our growth team is dedicated to leveraging decades of real-world experience to help businesses achieve success through tailored guidance and strategic support. No matter your business size, let us provide the right advice and grow your business together.

CHAPTER ONE TRAINING AND DEVELOPMENT



PROFESSIONAL DEVELOPMENT | TRAINING | ACCA | ICAEW | CGIUKI

Chapter One are a Jersey-based professional training business, entirely student and client-focused. We understand the importance of building trusted relationships and understanding the individual needs and learning styles of our students. Our team are experts in their fields, possessing the essential experience required to support students throughout their journey with us and beyond. From professional qualifications such as ACCA, ICAEW and CGI to bespoke professional development training tailored specifically to an organisation's requirements, Chapter One are committed to helping achieve excellent results in a relaxed classroom environment

COOPER & COFFEE



COFFEE | TEA | GIFTS | ACCESSORIES

We work hard at being a coffee shop with traditional values albeit with modern communication methods. We strive to become a hub for the community, supporting local charities and providing traceable, ethical coffee. We like to give back to the community we serve by supporting local charities, raising awareness of environmental issues, supporting local causes and providing the local community with coffee that's traceable to the source (Fairtrade/Rainforest Alliance Certified where possible) to give local people confidence that, when sipping on one of our coffees, they have had some involvement in making a difference in this world

THINK CHINESE



EDUCATION | CULTURE | LANGUAGE | SHARED EXPERIENCES

Jersey's first and only Chinese language school, founded in 2013 to build stronger connections between Jersey and China. Rooted in a passion for education, cultural exchange and shared knowledge, ThinkChinese offers Chinese language learning alongside a range of education and business services. The organisation works with schools, businesses and partners in both Jersey and China to create opportunities for learning, collaboration and the exchange of ideas, expertise and resources. With a strong local presence and an international outlook, ThinkChinese continues to serve as a bridge between communities, helping individuals and organisations connect across cultures.

SPONSORS & PARTNERS

COMMUNITY PARTNERS

G FORCE



1-2-1 COACHING | CORPORATE TRAINING | EXECUTIVE COACHING

G Force, founded by Gaëlle Deschamps in 2021, is a leadership, confidence and coaching organisation dedicated to shaping leaders and next generation leaders.

Through executive coaching, leadership training, workshops, online programmes and retreats, G Force helps individuals connect with their authentic self, build confidence and unlock their full potential. With a strong focus on women's empowerment, youth leadership and personal growth, G Force combines corporate expertise, coaching, wellbeing and positive energy to help people lead with courage, purpose and impact.

OMMAROO HOTEL



The Ommaroo Hotel is a family-run seaside hotel, celebrating over 100 years of warm and friendly service to locals and visitors alike.

The Ommaroo Hotel has been situated on the seafront at Havre des Pas beach since the 1920s and comprises a number of traditional Victorian villas, typical of that area. Our guests can sit and enjoy the spectacular everchanging seascape with the sea water tidal pool, always of particular interest to our visitors. Jersey has one of the largest tidal ranges in the world, and at low tide the island nearly doubles in size, so no two days will offer the same view!

INTRO.JE



OPPORTUNITY MAKER | CREATING VALUE THROUGH THE POWER OF RELATIONSHIPS

As with all successful businesses, Intro was created in response to a clear need. In this case, our well-connected founder, Carla Harris, was regularly being asked for help with finding the right people and businesses to help others improve or get their businesses off the ground. Intro connects businesses, makes introductions and helps improve business operations and business development activities. Intro has facilitated the creation of several start-ups, helped improve business results, develop teams and helped firms find high-level executives.

Today, Intro incorporates numerous trusted associates that can bring expertise, reliability and enthusiasm to the projects they're engaged

BRANDED.JE **branded** 


MERCHANDISING | PROMOTIONAL GOODS | CORPORATE GIFTS | BRANDED MERCHANDISE

Jersey's first dedicated branded merchandise supplier, helping businesses bring their brands to life through high quality, carefully selected promotional products.

Working directly with manufacturers worldwide, Branded.je provides clients with quality merchandise at competitive prices and offers a smarter personal way to design, choose, order and store branded products in Jersey.

With a team of experienced advisers, a dedicated showroom, free storage and a price pledge guarantee, Branded.je supports clients at every stage of the process. Its aim is to help businesses create a strong physical connection with their brand through merchandise that is practical, memorable and professionally delivered.

EVE STUDIO



Eve Studios is a women centred fitness and wellness community designed to support and empower women at every stage of life. Welcoming women from 16 to 75 and beyond, Eve offers a safe, inclusive space for movement, well-being, connection and growth.

Through expert led classes, open conversations and workshops, Eve helps women build strength physically, mentally and emotionally. From teens to mothers, professionals, midlife women and older women, Eve Studios is here for every chapter of womanhood.

JERSEY PODCAST



Jersey Podcast mission is to give Jersey's leading experts the professional platform they deserve. They handle the complex production so you can focus on sharing your knowledge, building authority, and connecting with your ideal clients.

MAILMATE



With over 40 years of industry experience, Go Mail Mate brings printing ideas to life with lightning fast turnaround times, exceptional quality, and outstanding customer service. Their expert team is dedicated to delivering reliable and creative print solutions tailored to every client's needs.

SANDY TOES



Sandy Toes Sauna offers a Finnish inspired, wood burning sauna experience on Jersey's beautiful coastline at St Brelade's Bay. Guests can enjoy the soothing heat of the sauna before cooling off in the sea, combining relaxation with the benefits of hot and cold therapy. With private and communal sessions available, Sandy Toes Sauna provides a refreshing way to reduce stress, support recovery, improve circulation and boost wellbeing, all while taking in stunning bay views.

To our dedicated volunteers – thank you for your commitment and hard work in making this event a success.

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TED^x StHelier

THANK YOU FOR BEING HERE

YOUR PRESENCE MATTERS

By attending TEDx St Helier, you are not only watching a series of talks. You are helping to build a community that values ideas, courage, creativity and meaningful conversation.

Thank you for showing up with an open mind and for being part of this growing movement in Jersey.

SHARE THE IDEAS

Help us spread the ideas from TEDx St Helier

Share your reflections, favourite moments and key takeaways using:

#TEDXSTHELIER #IDEASINMOTION #MOVEIDEASINMOTION

Tag TEDx St Helier and help amplify the voices, stories and ideas shared on our stage.

With gratitude — **The TEDx St Helier Team**